

# Corn off the Cob Recipes

August 2010

PeaceOfPreparedness.com

## BREAKFAST

### **Cornmeal Mush**

1 c. cornmeal

1 c. cold water

1 t. salt

3 c. boiling water

Mix cornmeal, cold water, and salt. Stir cornmeal mixture slowly into boiling water. Stir until thickened. Cover and simmer for 15 minutes, stirring occasionally to keep from sticking. Serves 8.

### **Corn Meal Pancakes**

(Simply Ready)

1 1/3 c. cornmeal

1 1/2 c. boiling water

1 T. cooking oil

3/4 c. milk

1 T. sugar, honey or molasses

2 beaten eggs, optional

2/3 c. whole-wheat flour

1 t. salt

1 T. baking powder

Pour the water over the cornmeal and let sit for 5 minutes. Add the oil, milk, sugar and eggs. Combine the dry ingredients with the corn meal mixture. Bake on a lightly greased griddle, turning when ready.

### **Granola**

5 c. oats

1 c. dry milk

1 c. brown sugar

1/2 c. cornmeal

2 c. wheat flour

1 c. oil

1 t. vanilla

Mix all ingredients together and bake at about 15 minutes at 300° on a greased cookie sheet until lightly browned, stirring occasionally so edges won't burn.

### **Popcorn Granola Snack Bars**

1/2 c. honey

2/3 c. peanut butter

1 c. granola cereal

1 c. roasted and salted peanuts

3 c. popped popcorn

Line 9" square baking pan with foil and spray lightly with cooking spray; set aside. Mix together: granola, peanuts and popcorn in large bowl. Heat honey in a small saucepan until boiling then stir in peanut butter until well blended. Remove pan from heat and stir into granola-popcorn mixture. Press mixture evenly into prepared pan. Refrigerate until cool; cut into bars to serve. Makes 16 bars.

## BREADS

### **Anadama Bread**

1/2 c yellow cornmeal

1/2 c boiling water

1 T yeast

1/2 c warm water

1/4 c dark molasses

2 T butter

1 t salt

3 c unbleached flour

Preheat the oven to 375 ° F. Mix the cornmeal and boiling water. Let stand until cool. Dissolve the yeast in the warm (105 ° to 115 °) water in a large bowl. Let stand until the yeast foams (about 5 minutes). Add the molasses, butter, salt and the cooled cornmeal mixture. Stir in half the flour. Beat well. Add more flour, beating until dough is stiff. Cover. Let stand 15 minutes. Turn the dough out onto a floured board. Knead 5 minutes until smooth and elastic. Clean and grease the bowl. Add the dough to the bowl and cover. Let rise until doubled (about 1 hour). Punch down and shape into a ball. Grease a round cake pan (9"). Place the dough in the pan, smooth side up. Let rise until doubled (about 1 hour). Bake until golden and loaf sounds hollow when tapped (30 to 35 minutes). Remove from pan and brush the top with melted butter while the loaf is still hot. Let cool on a rack.

### **Corn Puffs**

½ c yellow cornmeal  
2 egg whites

¼ t salt

½ c boiling water

Preheat the oven to 375 ° F. Grease a baking sheet. Combine the cornmeal and salt in a bowl. Pour the boiling water over the mixture, stir, and cool. Whip the egg whites until stiff and blend into the cornmeal mixture. Drop by teaspoonfuls on the prepared baking sheet. Bake for 30 minutes or until the puffs are browned and crispy.

### **Corn Cake - El Torito Sweet**

(recipesource.com)

1/2 c. butter or oil  
1/3 c. cold water  
1/2 c. sugar  
1/2 t. salt

¼ c. shortening  
20 oz. corn kernels  
¼ c. evaporated milk or cream

1 c. masa harina  
1/3 c. cornmeal  
½ t. baking powder

Place butter/oil and shortening and water in mixer bowl and whip until fluffy and creamy. Add masa gradually while mixing, mix thoroughly. Place corn kernels in blender or food processor and finely chop. Stir into the masa mixture. Mix in: cornmeal, sugar, milk, baking powder and salt just until blended. Pour into greased 9" square pan. Cover with foil.

Method 1: Bake at 350° for 40-50 minutes, until corn cake has firm texture. Allow to stand at room temp. for 15 minutes before cutting.

Method 2 (El Torito): Place pan in a larger pan and pour boiling water half way up the cake pan. Bake at 350° 40-50 minutes, checking water level adding more boiling water, if necessary. When cooked through, remove cake pan from water. Let cooked cake stand at room temperature for a few minutes before serving. Use small ice cream scoop to serve.

### **Cranberry Almond Popcorn Muffins**

(popcorn.com)

5 c. popped popcorn  
1 T. baking powder  
1 c. milk  
½ t. almond extract

1 ½ c. flour  
½ t. salt  
1 egg  
¼ c sugar mixed w/ 1 t. cinnamon

¼ c. sugar  
½ c. dried cranberries  
2 T. vegetable oil  
½ c. sliced almonds

Preheat oven to 400°. Spray a 12-cup muffin pan with cooking spray or line with paper liners; set aside. Blend popcorn in a blender or food processor until finely ground. Pour ground popcorn into a large mixing bowl. Add flour, sugar baking powder, salt and cranberries and stir until blended; set aside. Beat milk, egg, oil and almond extract together and pour over dry ingredients; stir just until combined. Spoon batter into muffin cups, filling each about half full. Divide almonds among muffin tops and sprinkle with cinnamon sugar. Bake 15-18 minutes or until tops are lightly browned; serve warm with butter. Makes 12 muffins.

### **Cheesy Popcorn Corn Bread**

(popcorn.org)

4 c. popped popcorn  
2 t. baking powder  
1 c. milk  
1 (4oz) can mild, dices green chilies (opt)

1 c. cornmeal  
½ t. salt  
¼ c. vegetable oil

2 T. sugar  
1 egg  
1 c. shredded jack cheese

Preheat oven to 400°. Spray 8" square pan with cooking spray; set aside. Process the popcorn in a blender or food processor until finely ground. Pour ground popcorn into a large bowl and stir in corn meal, sugar, baking powder and salt until blended. Beat egg, milk and oil together in a small bowl and stir into popcorn mixture just until blended. Scatter cheese and chilies, if desired, over batter and stir just until evenly distributed. Pour batter into prepared pan and bake for 25 minute or until lightly browned at edges and tester comes out clean. Cut into squares to serve. Makes 9 squares.

### **Cornmeal Biscuits**

(Simply Ready)

2 c. flour	1 T. baking powder	½ t. baking soda
1 t. salt	¾ c. cornmeal	½ c. butter/marg./shortening
1 c. sour milk/buttermilk/yogurt		

Combine dry ingredients. Cut in the butter until it resembles crumbs. Add the milk, stirring until well mixed. Turn out onto a lightly floured surface and knead 10-12 times. Roll out the dough; cut with a biscuit cutter and place on an ungreased baking sheet. Bake at 425° for 12-15 minutes, until lightly browned.

### **Corn Fritters**

1 ½ c. whole wheat flour	1 T. baking powder	1 T. dried whole egg, sifted
¾ t. salt	1 15oz) can corn	@ ¾ c. milk
2 T. water	oil	

Drain corn liquid, add milk to measure 1 cup. Mix together dry ingredients in a bowl. Add corn, water and milk mixture; stir until just combined. Drop batter by heaping tablespoons into deep hot oil, 350°F. Fry until golden brown, 3-1/2 minutes. Drain on paper towels. Makes 1-2 dozen.

### **Debbie's Cornbread**

¼ c vegetable oil	1/2 c sugar	1 egg
1 ¼ c water	1/2 T vanilla	1 c. all-purpose flour
¼ c powdered milk	1 ¼ c. yellow cornmeal	1 T. baking powder
1/2 T salt		

Preheat oven to 400 degrees F. Grease 9X9" baking pan. Set aside. In a large bowl blend together oil, sugar, egg, vanilla and water and mix until blended. Add flours, cornmeal, powdered milk, baking powder, and salt. Mix until blended. Pour into prepared pan. Bake 30-40 minutes or until light golden brown and tester comes out clean. Serve with Honey Butter. Serves 6.

Honey butter: Cream together ½ c. softened butter and ½ c. honey. Store extra in refrigerator.

### **Sourdough Corn Bread**

(Simply Ready)

2 c. cornmeal	¼ c. sugar	1 t. salt
2 c. scalded milk	½ c. margarine or butter	2 c. starter
2 eggs	1 t. baking soda	

Combine the cornmeal, sugar, salt milk and margarine. Stir to melt the margarine. Let the mixture cool to lukewarm. Stir in the rest of the ingredients and mix well. Pour into a 9x 13" greased baking dish.

Bake in 425° oven for 35-40 minutes or until the cornbread is lightly browned.

### **Trail Bread**

2 c water	2 c cornmeal	2 c cold water
1 T yeast	4 c flour	1 t salt

Cook the cornmeal with 2 cups water until a thin mush. Add remaining ingredients and mix until mixture is not sticky to the touch. You may need to add more flour. Shape into a loaf and put in a greased pan to rise. Bake at 350 °F for about 45 minutes in an oiled Cast Iron Fry Pan.

## **MAIN DISHES**

### **4-H Corn Special**

(allrecipes.com)

1 lb. ground beef	1 sm. onion finely chopped	1 ½ c. cooked rice
2 c. tomatoes, seed, chop	2 c. corn	salt and pepper to taste
1 T. Worcestershire sauce	1 t. hot pepper sauce	1 c. crushed saltine crackers
¼ c. butter or margarine, melted		

In a large skillet, brown beef and onion; drain. Stir in rice, tomatoes, corn, salt, pepper, Worcestershire sauce and hot pepper sauce. Pour into a greased 9 x 13 inch baking dish. Combine cracker crumbs and butter; sprinkle on top. Bake at 350 degrees for 30 minutes.

### **Chuck Wagon Hash**

(allrecipes.com)

1 lb. ground beef	½ c. chopped onion	½ t. crushed red pepper
1 t. dried parsley	1 t. dried oregano	1 t. garlic powder
½ c. beef broth (opt)	1 can cream mushroom soup	1 can corn
2 c. white rice, cooked, cold	1 c. shredded Cheddar Cheese (opt)	

Preheat oven to 350° F. Place a large skillet over medium-high heat. Brown the ground beef, stirring constantly to break it up into fine pieces. When the beef is no longer pink, add the onion, and continue cooking until the onion has softened, and the beef has browned, about 5 more minutes. Drain excess grease from the beef, then season with pepper flakes, parsley, oregano and garlic powder. Stir in beef broth, soup, corn and rice. Cook for a few minutes to warm, then pour into a casserole dish. Bake for 25 minutes, then sprinkle with cheese and continue baking for minutes.

### **Corn Chowder**

2 c. DH diced potatoes	1/4 c. DH celery	1/4 c. dry onion
1-11oz creamed corn	1 can (15oz) whole corn	1-12 oz evaporated milk
1/4 t. black & cayenne pepper	1 t. salt and chicken bouillon	1/2 c. bacon pieces
5 c. water	½ c. cheese powder (opt)	½ t. nutmeg

In large saucepan, place potatoes, celery, onion and water. Bring to a boil, reduce heat and simmer 20 minutes. Drain. Add creamed corn, whole corn, milk and spices, and bacon to vegetables. Bring to boil, lower heat and simmer 20 minutes. Or put water and vegetables in crock pot on low 4 hours, add remaining ingredients, continue cooking 2 hours.

### **Corny Chicken Soup**

6 c. water	4 t. chicken bouillon	1 T. dried, minced onion
1 T. dried celery	½ t. dried minced garlic	½ t. dried diced carrots
1 c. wide noodles, dry	1-12oz can chicken chunks	1-15oz can corn w/juice
2 t. dried parsley	1/4-1/2 t. pepper	

In large saucepan, mix water, bouillon, onion, celery, garlic and carrots. Bring to a boil; and simmer 15 minutes then add noodles and simmer an additional 10 minutes. Add chicken, corn, and parsley. Stir, heat and serve. Serves 4.

### **Corn and Bean Soup (demo)**

3 1/3 c. chicken broth	¼ c. DH carrots	1/4c. DH celery
½ c dry, diced potatoes	¼ c. dry onion	1 can corn
1-15oz white beans	1 c. canned milk	1 t. dried thyme
¼ t. garlic powder	pepper to taste	

In large saucepan, combine the broth, water, carrots, celery, potato and onion. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until vegetables are tender. Stir in the remaining ingredients; simmer 5-7 minutes longer or until corn is tender.

### **Instant Corn Chowder**

(Country Beans)

3 ¼ c. hot water

2 T. chopped pimientos

1/3 c. fine corn flour/masa

1 T. chicken soup base

3 T. pea flour

8-10 drops Tabasco sauce

In medium saucepan, whisk flours into hot water and cook, stirring for 1 minute over medium high heat.

Cover and turn heat to low; cook 2-3 minutes. Serve with broken corn chips. Serves 2.

### **Southwest Stew**

(allrecipes.com)

2 lbs ground beef

1 ½ c. diced onion

1(28oz) can whole tomatoes

1 (15oz) can pinto beans

1 (16oz) can whole corn

1 c. picante sauce

¾ c. water

1 t. ground cumin

½ t. garlic powder

½ t. black pepper

salt to taste

In skillet, brown beef and onions. Drain any excess fat. Add remaining ingredients and bring to a boil.

Simmer, covered for 15-20 minutes. Top with cheese if desired. Serves 8.

### **SIDE DISHES**

#### **Avocado-Corn Salsa**

2 ripe avocados

1 (15oz) can corn

2-3 T. lime juice

2 med. tomatoes, seeded, diced

1 T. finely chopped cilantro

½-1 t minced jalapeño

½ t. salt

Peel, seed and finely dice avocados. In medium bowl, gently combine all ingredients. Cover and refrigerate until ready to be served. Makes 1 ½ c.

#### **Barley and Corn Salad**

1 ¾ c. water

½ c. pearled barley

1 t. chicken bouillon

1 (15oz) can corn, drained

2 T. DH green pepper, rehydrated

1 T. dried parsley

Dressing:

2 T. water

2 T. bottled lemon juice

2 T. oil

¼-1/2 t. basil

Combine water, barley and bouillon in small saucepan; boil about 30 minutes, add pepper and continue cooking an additional 20 minutes until barley is tender. Meanwhile, make dressing and set aside. Pour dressing over warm barley mixture. Add corn and drained green pepper; toss. Serve room temperature or chilled. Serves 6.

#### **Beanie Rice Salad**

6 c. cooked rice

1 (15 oz) can kidney beans

1 (15oz) can pinto beans

1 (15oz) can black beans

1 (15oz) can corn

½-1(4oz)can diced green chili

1/4 c. hydrated, DH peppers

Dressing:

1/3 c. olive oil

¼ c. cider vinegar

1 t. chili powder

½ t. cumin

½ t. garlic salt

½ t. hot pepper sauce

Whisk together dressing ingredients and set aside. Rinse and drain all beans and corn. In large bowl, combine rest of ingredients. Pour dressing over and toss. Chill 1 hour before serving. Serves 6-8.

#### **Black Bean and Corn Salad (demo)**

2 (15oz) can black beans

2 (15oz) can corn

½ c. chopped onion

½ c. red bell pepper, diced

1 c. diced tomatoes (opt)

Dressing:

½ c. balsamic vinegar

2 T. vegetable oil

1/2 t. salt

½ t. white sugar

1 T. dried cilantro

½ t. chili powder

½ t. ground pepper

1/2 t. ground cumin

Rinse and drain beans and drain corn. Combine with onion and pepper. Whisk together dressing ingredients. Pour over bean mixture. Chill for 1 hour.

### **Corn Casserole**

By Deeann Haworth

1 can corn	1 can creamed corn	1 c. sour cream
1 egg	½ c. melted butter	1 box Jiffy Cornmeal Mix

Combine ingredients in a large casserole dish. Bake at 350 degrees for 45 minutes.

### **Creamy Corn Salad**

1 (15oz) can corn	1 med. tomato, seed, diced	2 T. onion, chopped
1/3 c. mayonnaise	¼ t. dill weed	

In small bowl, combine all ingredients; mix well. Cover and refrigerate until serving.

### **Creamed Corn**

(allrecipes.com)

1/3 c. butter	1/3 c. flour	1 c. heavy whipping cream
1 c. milk	¼ c. sugar	1 t. salt
1 dash white pepper	5 c. frozen corn, thawed	¼ c. Parmesan cheese

In a sauce pan, melt butter over medium heat. Stir in flour until smooth. Gradually add cream, milk, sugar, salt and pepper. Bring to a boil; boil and stir for 2 minutes. Add corn; heat through. Transfer to an ungreased 1 ½ qt, broiler-proof dish. Sprinkle with parmesan cheese. Broil 5 inches from the heat for 3-5 minutes or until lightly browned and bubbly.

### **Polenta**

3 ½ c. water	1 ½ t. chicken bouillon	1 c. cornmeal
--------------	-------------------------	---------------

Combine cornmeal with ½ c. water. Bring 3 c. water to boil with bouillon. Add cornmeal; stir until lumps dissolve and mixture comes to boil. Reduce heat to medium-low, cover and simmer 15 minutes. Serve mounded like mashed potatoes. Serves 5-6.

Cheese Polenta: Add ¼ t. onion powder and 1/3 - 1/2 c. parmesan cheese.

### **Spicy Rice Pilaf**

(allrecipes.com)

½ c. chopped onion	2 T. oil	2 c. chicken broth
¼ c. dry lentils, rinsed	1(16oz) can kidney beans	1 c. salsa
1 c. long grain rice	1 c. frozen corn	1 (2 oz) jar pimentos, drained
1 t. chili powder		

In a saucepan, over medium heat, sauté onion in oil until tender. Add broth and lentils; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer 20-25 minutes longer or until lentils and rice are tender.

## **SNACKS/DESSERTS**

### **Homemade Microwave Popcorn**

1/4 cup of popping corn	1 t. extra virgin olive oil	Popcorn salt (to taste)
Lunch size paper bag	Seasonings (optional)	

Put popping corn in bottom of bag. Carefully add your seasonings and salt. Shake gently. Now add the teaspoon of olive oil and shake. Fold the bag over once and staple twice. (safe for microwave)

To Use: Gently shake the contents to mix and press out the air. Set in the microwave and cook until the pops get about 3 to 5 seconds apart. Cost about \$.10.

Hint: Popcorn salt is just finely ground table salt. You can do this in blender for 30 seconds.

### **Blue Cheese Pop Corn**

1 c. butter or margarine  
6 c. hot popped popcorn  
1 pkg blue cheese salad dressing mix

Melt butter or margarine. Stir in blue cheese mix. Toss with popcorn.

### **Cajun Popcorn**

2 1/2 qt popped popcorn  
1/2 t. onion powder  
1 t. lemon pepper  
1/4 c. butter, melted  
1/2 t. garlic powder  
1 t. paprika  
1/4 t. cayenne pepper

Pour butter over warm popcorn. Combine remaining seasonings and sprinkle over popcorn. Toss to mix. Bake at 300° for about 7-10 minutes for crispy popcorn, if desired. Makes 2 1/2 quarts.

### **Caramel Popcorn**

(Simply Ready)

1/2 c. margarine  
2 T. water  
2/3 c. Popcorn (popped)  
1/4 c. corn syrup  
1 t. vanilla  
1 c. sugar  
pinch of baking soda

Pop popcorn in air popper or pan with cooking oil, put in large bowl. In saucepan melt margarine and add corn syrup, sugar and water. Boil for about 5 minutes or until syrup begins to spin a thread. Remove from heat and add vanilla and baking soda. Stir and pour over popped popcorn. Mix until coated.

### **Caramel Popcorn**

2 1/4 c. brown sugar  
1(14oz) can sweetened condensed milk  
1 c. light corn syrup  
1/2 c. butter/ flavored shortening  
1 1/2 c. popcorn kernels, popped (6qts)

Combine all ingredients, except popcorn, in medium saucepan; heat over medium heat stirring constantly until it boils for 1-2 minutes and sugar has dissolved. Pour over popcorn and quickly toss to distribute caramel.

### **Cheddar Cheese Popcorn**

2 tbsp oil  
Pop the corn as usual. Pour in bowl and pour cheese powder over hot popcorn. Season with salt as desired. Six (6) servings.  
1/4 cup cheddar cheese powder  
1/2 cup popcorn

### **Cheese Popcorn**

5-6 c. hot popped corn  
1/3 c. grated Romano or Parmesan Cheese  
Toss hot popcorn with salt. Melt butter over moderate heat and mix in cheese. Immediately pour over popcorn and toss well. Makes 1 1/2 quarts  
2 t. salt  
1/4 c. butter or margarine

### **Cheesy Barbecue Popcorn**

2 T. melted butter  
1/4 t. onion powder  
Combine butter and seasonings; mix in popcorn until well coated. Sprinkle with cheese; stir well. Makes 8 cups.  
1/2 t. chili powder  
8 c. popped corn  
1/2 t. garlic salt  
1/4 c. Parmesan cheese

### **Chili Popcorn**

(Simply Ready)

2/3 c. popcorn kernels  
Salt  
1-2 T. melted butter or marg.  
2 t. chili powder

Prepare popcorn in air popper or in a pan with cooking oil. Place in a large bowl. Mix in butter. Sprinkle and mix with 2 t. powder and salt to taste.

### **Cinnamon Honey Bun Popcorn (demo)**

4 tbsp honey	4 tbsp granulated sugar	4 T. brown sugar
2 tsp cinnamon	1/4 tsp salt	4 tbsp oil
1 tbsp butter	4 tbsp popcorn	

Pop popcorn in oil and set aside in large bowl.. Measure and mix the honey, cinnamon, butter, sugars and salt in a small pan. Bring it just to a boil, stirring constantly. It takes about 60 seconds in the microwave. Stop microwave several times and stir. Mix this warm mixture into popcorn. Six servings.

### **Cinnamon Popcorn Crunch**

(popcorn.org)

3 qts popped popcorn	1-6 ½ oz can salted mixed nuts	1 lb. light brown sugar
1 c. light corn or maple syrup	½ c. butter or margarine	½ c. water
2 t. salt	1 ½ t. cinnamon	

Mix popcorn and nuts in large buttered bowl. Combine sugar, syrup, butter or margarine, water , salt and cinnamon in saucepan. Heat slowly to the boiling point, stirring until sugar melts. Cook to hard crack stage (290-295 degrees).

Pour syrup in a fine stream over popcorn and nuts. Stir until popcorn and nuts are evenly coated with syrup. Spread out on large buttered surface or waxed paper. Separate into bite-size portions with forks. Cool. Makes 4 ½ quarts.

### **Double Chocolate Popcorn Balls**

½ c. sugar	½ c corn syrup	¼ c. butter or marg.
2 T. cocoa powder	8 c. popped popcorn	1 c. M & M's

Mix sugar, corn syrup, butter and cocoa in large saucepan; bring to a boil and simmer for 1-2 minutes, until sugar is dissolved. Add popcorn, stirring until evenly coated. Remove from heat. Stir in M&M's. Cool slightly. Shape into 2" balls. Makes 18.

### **Garlic and Parmesan Popcorn**

2 t. corn oil	2 T. olive oil	2 garlic cloves
¾ c popping corn	Salt	1/4 c grated Parmesan
1 garlic <b>clove</b> , minced	Dash cayenne pepper	

In a large heavy pot, heat oils over high heat until the oil smokes. Add 1 kernel popping corn and heat until kernel pops. Add split garlic cloves and rest of popping corn, cover pot, and shake gently until corn starts to pop. Shake vigorously until popping subsides. Remove from heat. Remove garlic and toss popcorn with Parmesan, minced garlic, cayenne and salt. Yields 6 servings.

### **Herb Seasoned Pop Corn**

3 T. butter or margarine	½ t. salt	1 t. thyme
½ t. basil	½ t. oregano	½ t. rosemary
2 quarts hot popped popcorn		

Melt butter or margarine. Stir in salt, then add in remaining spices, mix. Pour over popcorn and toss well.

### **Honey Popcorn**

(Simply Ready)

½ c. margarine	½ c. honey	pinch baking soda
1 t. vanilla	2/3 c. popcorn, popped	

Pop popcorn in cooking oil, put in large bowl. In a saucepan melt the margarine and add honey and boil over low-medium heat for five minutes stirring to keep from burning. Remove from heat and add vanilla and a small pinch of baking soda, stir. Pour over popped popcorn. Stir until evenly coated.



### Hot Mustard Popcorn

2 qt popcorn  
1/2 t. thyme  
1/2 t. salt

1/4 cup oil  
1/4 t. black pepper

1 t. dry mustard  
Dash of cayenne pepper

Pop corn in oil and keep popcorn warm. Mix seasonings together. Add to popped popcorn and mix thoroughly.

### Low Fat Parmesan Popcorn

1 t. oil  
1/2 c fat-free Parmesan cheese

1/2 c popcorn

1/4 T salt

Have Parmesan cheese and salt mixed in a measuring cup and ready by the popper. Pop corn and immediately sprinkle cheese mixture on popcorn and stir until thoroughly mixed. Makes 6 servings.

### Kettle Corn

1/4 c. vegetable oil

1/2 c. unpopped popcorn

1/4 c. white or brown sugar

Heat vegetable oil in a large pot over medium heat. Once hot, stir in the sugar and popcorn. Cover, and shake the pot constantly to keep the sugar from burning. Once the popping has slowed to once every 2-3 seconds, remove the pot from the heat and continue to shake for a few minutes until the popping has stopped. Pour into a large bowl, and allow to cool, stirring occasionally to break up large clumps.

### Mexicali Popcorn

1/3 c. butter  
4 qts popped popcorn

1 T. dry taco seasoning mix

1 T. dry chopped chives

In small saucepan, melt butter over low heat. Add taco seasoning and chives. Blend. Pour over popcorn in large serving bowl and toss lightly. Serve at once. Makes 4 quarts.

### Milk Chocolate Popcorn

12 c. popped popcorn  
1 c corn syrup

1-12 ounce can salted peanuts  
1/4 c butter

2 c milk chocolate chips

Combine popcorn and peanuts in large, greased roasting pan. Set aside. In large saucepan, combine milk chocolate chips, corn syrup and butter; bring to a boil over medium heat, stirring constantly. Pour mixture over popcorn. Toss to coat well. Bake at 300° for 45 minutes, stirring mixture every 15 minutes. Remove from oven. Stir every 10 minutes until cooled. Store in airtight container.

### Nacho Popcorn

1 t. paprika  
1/4 c. butter or margarine

1/2 t. crushed red pepper  
10 c. warm popped popcorn

1/2 t. ground cumin  
1/3 c. Parmesan cheese

In a small bowl, stir paprika, red pepper, and cumin into melted butter or margarine. Gently toss butter mixture with popcorn, coating evenly. Sprinkle with Parmesan cheese and toss till coated. Makes 10 c.

### Nacho Cheese Popcorn

(popcorn.com)

3/4 c. cooking oil  
1 t. cumin seed  
1/3 c. Parmesan cheese

3-4 chilies  
1/3 c. unpopped popcorn  
1 t. paprika

1-large clove garlic, cut up  
3 T. hot oil  
1/2 t. salt

Place cooking oil, chilies, garlic and cumin seed in a small saucepan. Cook over low heat for 3 minutes; let stand 10 minutes.\*Strain. Use 3 T. of oil for popping corn; reserve the rest. This makes about 2 1/2 quarts popped popcorn. Pour remaining oil over popped popcorn, tossing to coat. Mix Parmesan cheese, paprika and salt. Sprinkle over popped popcorn, tossing to mix. Makes 2 1/2 quarts.

### **Nutty Popcorn Fudge**

4 c. popped popcorn                      1-18 oz bag chocolate chips                      2 T. butter  
1-14 oz Sweetened condensed milk    1 c. toasted slivered almonds                      1 t. vanilla

Butter 9 x 13" pan; set aside. Melt chips, condensed milk and butter in large saucepan, stirring until smooth; remove from heat. Stir in popcorn, nuts and vanilla. Spread mixture evenly in prepared pan. Chill 2 hours or until firm. Remove from pan and cut into squares, Makes 32.

### **Parmesan Pop Corn**

¼ c. butter                                      2 qts. hot popped corn                      ½ c. grated parmesan  
1-2 t. salt

Melt butter. Pour over popcorn and toss. Mix in cheese and salt, mix well.

### **Peanut Butter Popcorn**

2 quart popped popcorn                      ½ cup sugar                                      ½ cup light corn syrup  
½ cup peanut butter.

Bring sugar and corn syrup to rolling boil, stirring constantly. Remove from heat. Stir in peanut butter and vanilla extract. Pour over popcorn and stir quickly to coat.

### **Peanut Popcorn**

5 -6 c hot freshly popped corn                      2 t. salt                                      2 c. toasted peanuts  
¼ c. butter or margarine                      1 T. peanut butter

Toss popcorn with salt and peanuts. Melt butter over moderate heat and stir in peanut butter. Add to popcorn and toss well. Makes 2 quarts.

### **Pizza Popcorn**

2 T. grated Parmesan cheese                      1 t. paprika                                      Pepper  
1 t. garlic powder                                      ½ t. salt                                      2 qts hot popcorn  
1 t. Italian herb seasoning

In blender, blend cheese, garlic powder, Italian seasoning, paprika, salt and pepper about 3 minutes. Place popcorn in large bowl; sprinkle with cheese mixture. Toss to coat evenly. Makes 3 quarts.

### **Popcorn Party Cake**

(popcorn.org)

4 qts. popped popcorn                      ¾ c. peanuts                                      ¾ c. gum drops  
½ c. butter or margarine                      ¼ c. light corn syrup                                      1 c. brown sugar  
½ t. vanilla                                      ¾ c. M & M                                      Assorted lollipops

In large bowl that has been sprayed with cooking spray, place popcorn, peanuts and gum drops; set aside. Lightly spray a bundt pan with cooking spray; set aside. Heat butter, corn syrup and brown sugar in a large saucepan over medium heat; stirring constantly. Bring mixture to a boil and cook, stirring constantly, 2 minutes. Remove from heat and stir in vanilla. Pour hot syrup over popcorn mixture and quickly stir to coat thoroughly. Add small candies and quickly stir just until evenly distributed. Spoon into bundt pan; gently pushing mixture into pan. Cover pan lightly and allow to cool at room temperature 4 hours or longer. Invert cake onto serving platter. Push lollipops into top of cake before serving. Makes 10 slices.

### **Popcorn Snack Mix**

3 qts popped popcorn                      2 1/3 c salted peanuts                                      2 c pretzel sticks  
2 c. miniature cheese crackers                      1/3 c butter or margarine                                      3/4 t. salt  
3/4 t. curry powder                                      3/4 t. garlic powder                                      3/4 t. onion powder  
3/4 t. steak **sauce**

In a large bowl, combine popcorn, peanuts, pretzels and crackers. Combine remaining ingredients. Pour over popcorn mixture; toss to coat. Place in 2 ungreased 15 x 10-inch baking pans, uncovered, at 250° for 1 hour; stir every 15 minutes. Store in an airtight container when cool. Makes 4 quarts.

### **Pumpkin Spice Popcorn**

1 ½ c. sugar	1 c. corn syrup	2 T. butter
1 ½ t. pumpkin pie spice	1 t. vanilla	1/2 t. salt
3 ½ quarts popped popcorn		

Bring sugar, corn syrup and butter to a boil. Boil for 2 ½ minutes. Add in spice, vanilla and salt. Mix thoroughly. Mix in popcorn, coat evenly then spread out on greased cookie sheets to cool.

### **Ranch Style Popcorn**

1 c. butter or margarine	1 pkg Ranch style dressing mix	6 qts popped popcorn
--------------------------	--------------------------------	----------------------

Melt butter in a small saucepan; stir in seasonings. Toss with popcorn in a large bowl.

### **Scarborough Fair Popcorn**

2 T. butter	1/8 t. crushed dried rosemary	2 qts popped popcorn
1/4 t. crushed dried parsley	1/4 t. crushed dried thyme	Salt to taste
Pinch of powdered sage	1/4 t. lemon juice	

Melt butter over low heat. Stir herbs and lemon juices into the melting butter. Drizzle over popcorn. Add salt to taste. Makes 2 quarts.

### **Southern BBQ Popcorn Mix**

12 c. popped corn	1 t. chili powder	1/2 t. garlic powder
3 c. bite size Shredded Wheat	1 t. paprika	1/4 t. dry mustard
3 T. butter	1 t. lemon pepper	1/4 t. dried oregano

Combine popcorn and shredded wheat squares. Drizzle with melted butter; toss lightly to coat evenly. In a small bowl, combine remaining ingredients. Sprinkle evenly over popcorn mixture. Stir well. Serve.

### **Spicy Cheese Popcorn**

1/4 c. butter or margarine	1/2 t. garlic salt	8 c. popped corn
1/2 t. paprika	1/4 c Parmesan cheese	
1/2 t. chili powder	1/4 t. onion powder	

Melt butter and mix with paprika, chili powder, garlic salt and onion powder. Pour over popped corn; stir to coat popcorn evenly. Turn mixture onto baking sheet. Bake at 325° for 7-10 minutes, or until crispy; stir once. Sprinkle with cheese and toss to coat evenly. Let stand on baking sheet, stirring once or twice as mixture cools. When thoroughly cool, divide into sandwich bags.

### **Texas-Style Popcorn**

1 T. paprika	1 t. cumin	1/2 t. salt
1 T. oregano	1/2 t. onion powder	4 T. olive oil
1 T. cilantro	1/2 t. garlic powder	5 T. popcorn
1 t. coriander	1/4 t. cayenne	

Measure spices into a measuring cup and mix well with fork. Have this mixture ready by the popper. Have a large bowl that will hold at least 6 quarts ready for the finished hot popcorn. Put oil and popcorn into the popper. Fasten the lid securely and begin stirring and applying high heat. Popping will begin in about 1 1/2 minutes. Continue stirring until popping almost stops. Remove from the heat, open the lid and sprinkle in the mixed spices; close lid and stir several rounds until the spices are mixed well. Pour hot popcorn into big bowl. Cool and store in airtight container. 8 servings

### **Zesty Popcorn**

1/4 c. butter or margarine	12 c. hot popped popcorn	1-7 oz dry Italian salad dressing mix
----------------------------	--------------------------	---------------------------------------

Melt butter and drizzle over popcorn in large bowl. Sprinkle with salad dressing mix; toss until well coated.

## TORTILLAS

Masa is found in flour section of most stores- stores about 1 year. 4.4 lb Masa = 11 doz tortillas

Corn Chips: Cut tortillas in quarters and fry in an inch or two of hot oil until crisp. Salt if desired.

### Corn Tortillas

By Andrea and Josefina's

2 c. Masa Mix

1 1/3 c. warm water

Combine masa and warm water, knead to blend well and form into a ball. Add a little more water if necessary. Divide dough into 12 balls. Flatten each ball until about 1 inch thick. Put on tortilla press that is covered with thin plastic (grocery bag). Cover with same plastic, close press to flatten tortilla. (can be rolled out also). Cook over high heat on ungreased skillet for about 30 seconds until lightly browned on both sides. Makes 12.

Variation: When using fresh masa; wet hands, pinch off desire amount, sprinkle with white flour, shape and roll. (fresh store about 1 week in refrigerator)

**HINT**: Masa is found in flour section of most stores- stores about 1 year.

Corn Chips: Cut tortillas in quarters and fry in an inch or two of hot oil until crisp. Salt if desired.

### Easy Corn Tortillas

1 c. wheat or white flour

2 T. oil

1 c. fine cornmeal

2/3 c. warm water

3/4 t. salt

Knead several minutes. Divide dough into 12 balls. Roll tortillas out thin. Heat oil in skillet and fry.

## TAMALES by Bret Wilson

### Tamale Dough

2 c Maseca® for tamales

2 c lukewarm water or broth (reserve from making the filling)

1 t. baking powder

1/2 t. salt

2/3 c. lard or shortening

Combine Maseca®, baking powder and salt in a bowl, work broth or water with your fingers to make a soft moist dough. In a small bowl, beat lard until fluffy, add masa and beat until dough has a spongy texture. Makes dough for 16 small tamales. Recipe can be doubled or tripled for larger tamales.

**Filling**: One whole chicken or an equal amount of pork or beef 1 pkg of tamale spices (Vallarta)  
Water to cover.

Remove stems from chilies, grate nutmeg into pot, add meat and simmer until tender. Remove meat and set aside to cool, remove bones as required; remove bay leaves from remaining liquid. Blend remaining spices with immersion blender simmer for an additional 20 to 30 minutes; strain broth through sieve. After meat has cooled, shred with a fork and add enough of the reserved broth to achieve a moist but not soupy consistency.

**To make tamales**: Soak corn husks in water until soft (overnight in a pot with a weight to keep them submerged). Spread masa on smooth side of corn husk. Add filling and fold tamale. Place into steamer folded (pointy)side down. Steam for 1 hour or until masa is firm.

## Tamales 2 by Andrea Carilla and Josefina de Leon

5 lb. Tamale Mix/Masa

1 1/2 t. baking powder

salt to taste

3/4-1 c. lard or shortening

Lukewarm broth or water

Combine lard/shortening, baking powder and salt in a bowl and beat until fluffy. Add masa mix and enough broth/water with the fingers until dough has a spongy texture.

**Corn husks**: soak in warm water about 20 minutes or overnight, until softened.

**Meat**: Cook 5 lbs of pork, chicken or beef with 1/2 chopped onion until tender. Cool and shred. (cont.)

### Chile Mix:

3-4 Pasilla chilies or California pods

1 t. white flour

2-4 c. water or broth

Cook chilies just in water until soft, drain the water. In a blender add the chilies, onion, flour and liquid. Blend until liquefied. Combine meat with chile mix and 1 t. oregano. Bring to a boil, let cool.

**To assemble**: Flatten corn husks, spread with 2 T. of dough, top with 1 T. meat mixture mixed with Chili Mix. Roll up and tie and each end with string. Steam over boiling water 30 minutes.

## Tamale Fillings

### Beef Filling

4 lb boneless chuck roast	2 T all-purpose flour	2 t. chopped fresh oregano
4 cloves garlic	1 c. beef broth	1 t. red pepper flakes
3-8 oz pkg dried corn husks	1 t. cumin seeds	1 t. white vinegar
4 dried ancho chiles	1 t. ground cumin	salt to taste
2 T vegetable oil	2 cloves garlic, minced	

Place beef and garlic cloves in a large pot. Cover with cold water and bring to a boil over high heat. As soon as water boils, reduce heat to a simmer and cover pot. Let simmer for 3 1/2 hours, until beef is tender and shreds easily or 8 hrs in crock pot. When beef is done, remove from pot, reserving 5 cups cooking liquid and discarding garlic. Allow meat to cool slightly, and shred finely with forks. Toast chiles in a cast iron skillet, making sure not to burn them. Allow to cool and then remove stems and seeds. Crumble and grind in a clean coffee grinder or with a mortar and pestle. Heat oil in a large skillet. Mix in flour and allow to brown slightly. Pour in 1 cup beef broth and stir until smooth. Mix in ground chiles, cumin seeds, ground cumin, minced garlic, oregano, red pepper flakes, vinegar and salt. Stir shredded beef into skillet and cover. Let simmer 45 minutes. Make Masa and fill tamales, steam.

### Chicken and Pork Filling

(Pork Roast 6-8 lbs and Whole Chicken 5 lbs)

Cut up pork into fist sized chunks and boil for 2 1/2 hours, cut up chicken boil for 2 hours or 8 hours in crock pot: remove meat, cool and shred, removing any fat. Save broth for tamales. The meat is now finished. You should put the meat in the refrigerator covered until ready to make the tamales. Put both the chicken broth and roast broth into the refrigerator as well. You will need the broth when you make the Masa.

Mix the oil and seasonings listed above in a small pan and warm on the stove. Do not cook the oil and seasonings mix, but just gently warm on the stove. When the oil and seasonings mix is warm, then pour over the meat and mix with your hands until it is completely distributed through the meat. It takes a good 10 minutes to get the mixture completely uniform.

### Spices and Seasonings

1/2 c corn oil	3 T. garlic powder	1/2-1 T. black pepper
6 T. chili powder	3 T. ground cumin	2 T. salt

### Chile Rellenos Tamales

2 tomatoes, diced	2 chipotles in adobo, minced	2 T. minced onion
2 T. minced cilantro	1/4 t. salt	5 Anaheim chiles
22 corn husks, soaked	2/3 c. Jack cheese, cubed	Masa for 20 tamales

Combine the tomatoes, chipotles, onion, cilantro and salt and set in the refrigerator to chill for one hour. Cut a small slit in the Anaheim chiles and roast them over a flame; steam them in a bag, then peel and seed them. Cut each pepper into 4 pieces. Tear 2 of the corn husks into strips for tying.

Assembly: Spread 1-2 T. of the dough in the center of a husk and put a piece of the roasted chiles in the center of the dough; add 2 cubes of cheese. Spread an additional T. of the dough over the filling; fold and tie the tamale. Steam for 1 hour.

### **Chorizo Tamales**

Filling: 1 T vegetable oil                      1 small onion, chopped                      6 oz raw chorizo sausage  
Saute three onion over medium-high heat for 2 minutes, until translucent. Add the chorizo and continue cooking for 5 minutes or until it is cooked through. Drain the oil and reserve the chorizo and onions.

Dough: 10 T shortening                      2 c masa harina                      1/2 c cornmeal  
1 t. baking powder                      1/4 t. cayenne powder                      1/4 t. ground cumin  
1 t. salt                      1 c. chicken stock                      14 corn husks, soaked

Make the filling, set aside to cool. Beat the shortening with an electric mixer until light and fluffy. Scrape down the sides of the bowl as necessary. In another bowl, combine the dry ingredients. Gradually add the stock and mix to form a soft dough. Add the dough to the shortening while whisking; the mixture will be quite sticky. Drain the corn husks and pay dry. Tear 12 strips 1/6-inch wide from 2 of the husks for tying the tamales. Place 2 husks together with the large ends overlapping by 2 inches. Repeat for the remaining husks. Divide the tamale dough evenly among the 6 double-husks, and spread in the center, leaving 1 inch at each end uncovered. Place the chorizo mixture on top of the dough and roll the corn husks so that the filling is completely enclosed. Twist and tie each end with the 1/6-inch strips already torn off. Steam the tamales in a conventional steamer or in strainer or vegetable basket set in a saucepan and covered with a tight-fitting lid. It is important that little or no steam escapes while cooking. Steam for 30 to 35 minutes; the water should always be lightly boiling. The tamales are done when the dough comes away easily from the husk.

### **Chocolate Tamales**

6 c fresh Masa dough                      1/3 c packed brown sugar                      2 t. vanilla extract  
2 c. semisweet chocolate chips                      2 c fresh whipped cream (optional)  
12 large dried corn husks, soaked, washed and drained, with pieces shredded for ties

Prepare masa. In a large bowl, combine the masa, brown sugar, and vanilla until well blended. To assemble the tamales, place 1/2 cup of the masa in the center of the smooth side of a corn husk. Using the back of a wet tablespoon, make an indentation in the center of the masa and fill with 1 1/2 tablespoons or more of the chocolate chips. Fold both sides of the husk tightly in over the masa mixture and tie a t both ends. Repeat for the reaming tamales. Steam the tamales for 55 minutes. Serve plain or with whipping cream.

### **Sweet Tamale Recipe**

Margaret Zuniga-Healy

2 lb prepared masa without salt                      2 c. sugar                      1 T. cinnamon  
1-2 c. raisins, plumped in water                      1 c. coarsely chopped nuts                      30-40 dried corn husks  
Clean husks of debris and soak in warm water until pliable (about 20 minutes). Mix sugar and cinnamon into masa by hand. Taste dough for sweetness, add more sugar if necessary. It will lose some sweetness during the cooking process. Drain raisins. Mix raisins and nuts into masa dough. Scoop about 2 T. masa and place in center on the smooth side of 1 corn husk. Fold sides and bottom in. Tie with a strip of corn husk or string, if you like, or just leave folded. Repeat with remaining corn husks and filling. Steam tamales in a tray lined with corn husks with tamales on top. Tamales should not come in contact with the water. To prevent steamer from drying out, put a coin in the bottom of the steamer. You will hear it clinking as long as there is boiling water in the steamer. Steam tamales about 1 hour. They are done when masa no longer sticks to the corn husks when tamales are unrolled.  
Makes 30 tamales.

### **Pineapple Tamales**

Andrea Carilla and Josefina de Leon

5 lb. Tamale Mix/Masa	1 ½ t. baking powder	¾-1 c. lard or shortening
Luke warm water	3-4 c. sugar	2 cans crushed pineapple

Drain pineapple and set aside. Combine lard/shortening, baking powder and salt in a bowl and beat until fluffy. Add masa mix and enough broth/water with the fingers until dough has a spongy texture. Add into sugar and pineapple and mix until very soft.

Corn husks: soak in warm water about 20 minutes until softened.

To assemble: Flatten corn husks, spread with 2 T. of dough, top with 1 T. meat mixture. Roll up and tie and each end with string. Steam over boiling water 30 minutes.

### **Raspberry Tamales**

1/2 c. butter	2 1/2 c. masa harina	2 t. baking powder
1/4 t. Salt	1/2 c. Sugar	1 c. boiling water
1 1/2 c. sweet corn kernels, pureed	1 1/2 c. raspberries, pureed and strained	1 t. vanilla
1/2 cup golden raisins	1/2 c. almonds, toasted & chopped	

In the bowl of an electric mixer fitted with a paddle, beat the butter until light and fluffy (4-5 minutes). Add the masa, baking powder, salt and sugar and mix till blended. Add the water, corn puree, raspberry puree and vanilla and mix just until combined. Dough should be light and very moist. Spread the dough on soaked corn husks in a square approximately 1/4 inch thick. Distribute some of the raisins and almonds in center and roll up to form a cylindrical shape. Tie or fold ends of husks over to enclose tamale. Steam tamales for 30 minutes.

### **MISCELANEOUS**

#### **Corn Tea**

(Simply Ready)

¼ c. cracked corn	4 c. water
-------------------	------------

Place cracked corn in hot water and bring to a boil. Simmer for about 5 minutes. Strain and serve. It makes a good and tasty hot beverage. 4 servings.

#### **Play Dough**

(Simply Ready)

2 c. flour	½ c. corn starch	1 c. salt
1 T. alum (spice)	1 T. cooking oil	2 c. hot water

Mix by hand until dough forms. To keep soft place in a closed container after playing with.

#### **Hand Cleaner**

(Simply Ready)

1 c. fine cornmeal	2 c. powdered soap*	1 ½ c. borax
--------------------	---------------------	--------------

Mix thoroughly by stirring and then shaking in a box or jar. For more heavily soiled hands, substitute ½ c. fine pumice powder for the cornmeal.

\*Powdered soap is bar soap grated or ground up into a powder. It is pure soap ground up. Do not use soap powder which is powdered soap combined with powdered alkalis, abrasives and other additives.